

## Recent retiree promotes fraud awareness



**GRANT JOHNSON (FAR RIGHT) DISCUSSES** current scams and ways to protect personal assets with Chad Bowles (left to right), Caryl Williams, and Deloris Macavinta at the North Davis Senior Activity Center.

Photo by Viki Bowman, Davis County RSVP

**BY VIKI BOWMAN**  
Davis County RSVP

Retirement was just a week away after a 40-plus year working career for Grant Johnson. His desire to remain productive after retirement led him to search through local volunteer opportunity ads for ways to stay engaged.

One listing with Davis County Retired and Senior Volunteer Program (RSVP) was of particular interest to him. It read, “Volunteers Needed to Spread Fraud Prevention Awareness.” Johnson picked up the telephone and called for more information.

This volunteer opportunity was especially interesting to him because his family experienced first-hand how easily fraud can happen and the impacts it has. He is passionate about sharing information to assist older adults in protecting their hard earned money and avoiding scams.

As a Davis County Senior Services and RSVP volunteer, Johnson is sharing his experience with others through short presentations. His talk shares his family’s experience when his mother-in-law fell victim to fraud, resources they used to mitigate the damage, and how personal assets were protected from further harm. He also reviews current scams and provides local contact and resource information.

Johnson has made appearances at local senior activity centers and assisted living facilities. He is available for presentations to any size group. Understanding that group settings are not comfortable for many people to bring up concerns, he is willing to engage in individual conversations.

Please call Davis County RSVP at 801-525-5094 to schedule a fraud education presentation by Johnson.

## Free Dementia Dialogues course begins Jan. 9

Davis County Senior Services Family Caregiver Support Program is offering a five session course for caregivers with friends or family members who have dementia. The once every-other-week course is called Dementia Dialogues. To help individuals better care for those who suffer from dementia, the course provides information and basic training on communication, addressing challenging behavior, and creative problem solving.

Seating for the free course is limited and is offered at two different

locations. The every-other-Tuesday sessions of Dementia Dialogues start Jan. 9 at Fairfield Village of Layton (1205 N. Fairfield Road, Layton). Also, there is an every-other-Thursday series of classes starting Jan. 11 at Golden Years Senior Activity Center (726 South 100 East, Bountiful). Either location’s classes are held 3-4:30 p.m.

For more information and details on the Dementia Dialogues, or to reserve your spot, call Sonia Siguenza at 801-525-5105 or Davis County Senior Services at 801-525-5050 option 5.

## ‘Stepping On’ fall prevention class to begin

Are you afraid of having a fall? Do you feel like you may be at risk for an injury from a fall? Stepping On is an evidence-based program proven to reduce falls and build confidence in older people. Presenters such as a physical therapist, pharmacists and vi-

sion experts help you gain specific knowledge and skills to prevent falls.

Stepping On Fall Prevention Workshop begins Thursdays, Jan. 18-March 1, 2-4 p.m., at the Bountiful Library (725 South Main Street Bountiful).

## Still time to donate holiday gifts for senior citizens

Davis County Senior Services is holding a gift drive to help make the holidays a little brighter for senior citizens who may be alone this season or not have the financial resources to celebrate this year.

The collection of these gift donations is to help those most in need. There are many who are greatly appreciative of gift cards for groceries from local grocers and stores. Other items needed

may include bath soap, shampoo, lotion, laundry soap, dish soap, towels, blankets, socks or other items that get day-to-day use. Gift request will not exceed \$50.

Please turn in all gifts unwrapped or in an open gift bag. The deadline to turn in gifts is Friday, Dec. 15, by 5 p.m., to the Davis County Health Department (22 South State Street, Clearfield) or at one of the county’s three senior activity centers:

- Central Davis Senior Activity Center, 81 E. Center Street, Kaysville
  - Golden Years Senior Activity Center, 726 S. 100 E., Bountiful
  - North Davis Senior Activity Center, 42 S. State Street, Clearfield
- For more details or to receive a name and specific gift request, contact Debbie Draper at 801-525-5080 or email her at [ddraper@daviscountyutah.gov](mailto:ddraper@daviscountyutah.gov).

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<b>7</b> <b>CD – Wire Wrapping 8:30</b> <b>**Foot Doctor 9-1</b> <b>GY – Lapidary 8:30</b> <b>Craft Class 9:30</b> <b>ND – Theatre Thursday 12</b>	<b>8</b> <b>CD – Arthritis Exercise 9</b> <b>Ceramics 12</b> <b>GY – Stained Glass 9</b> <b>Line Dancing 9:30</b> <b>ND – Bingo 12:30</b>	
10	<b>11</b> <b>CD – DUP 10</b> <b>Bingo 12:30</b> <b>GY – Yoga 10</b> <b>Arthritis Class 12:30</b> <b>ND – Texas Hold 'em 12</b>	<b>12</b> <b>CD – Square Dancing 12:30</b> <b>GY – **Legal Consultation by appt.</b> <b>ND – Blood Pressure Clinic Shopping Day</b>	<b>13</b> <b>CD – Watercolor 9:30</b> <b>GY – Senior Social 11:15</b> <b>ND – Free Card Making Class 10:30</b>	<b>14</b> <b>CD – **Christmas Lights trip w/ Dinner 5 p.m.</b> <b>GY – **Christmas Dinner Party 6 p.m.</b> <b>ND – Theatre Thursday 12</b>	<b>15</b> <b>**CD December Birthday Party</b> <b>Movie 12:30</b> <b>GY – Tappin Grannies Perform 11</b> <b>ND – Boredom Buster Games 10:30</b>	16
17	<b>18</b> <b>CD – Lunch/Bell Choir 11:30</b> <b>GY – Line Dancing 10</b> <b>Yoga 10</b> <b>ND – Chancellor Gardens/Symbii presents 11:30</b>	<b>19</b> <b>CD – Lifetime Fit 9</b> <b>Reiki 10:30</b> <b>GY – Jewelry Making 12:30</b> <b>Square Dancing 7-8:30 p.m.</b> <b>ND – Lapidary 8</b> <b>Quilters 10</b>	<b>20</b> <b>CD – ***White Christmas" play &amp; Dinner 5 p.m.</b> <b>GY – Christmas Sing-Along 10:30</b> <b>ND – Wii Wednesday 10:30</b>	<b>21</b> <b>CD – Tai Chi 9:30</b> <b>ASL Support Group 2</b> <b>GY – Luana's Combo Band 10:30</b> <b>ND – Theatre Thursday 12</b>	<b>22</b> <b>CD – Bingo 10:15</b> <b>Ceramics 12</b> <b>GY – Stained Glass 9</b> <b>Tai Chi 9:30</b> <b>ND – Christmas Party 11:15</b>	23
24	<b>25</b> <b>Centers Closed Christmas Day</b> 	<b>26</b> <b>CD – Tai Chi 9:30</b> <b>Square Dancing 12:30</b> <b>GY – Zumba 9:30</b> <b>Woodcarving 9</b> <b>ND – Blood Pressure Clinic Shopping Day</b>	<b>27</b> <b>CD – Bingo 10:15</b> <b>Food Addicts 6:30-8 p.m.</b> <b>GY – Positive Aging 4:45</b> <b>ND – Wii Wednesday 10:30</b>	<b>28</b> <b>CD – Shopping at Bowman's 12</b> <b>GY – Sit n Fit 8:30</b> <b>Luana's Combo Band 10:30</b> <b>ND – Theatre Thursday 12</b>	<b>29</b> <b>**GY &amp; ND December Birthday Party</b> <b>CD – **New Year's Eve Party 11:30</b> <b>GY – Tai Chi 9:30</b> <b>ND – Bingo 12:30</b>	30
31	<b>Jan. 1</b> <b>Centers Closed New Year's Day</b> 	<b>2</b> <b>CD – Lapidary 8:30</b> <b>GY – Tai Chi 10:30</b> <b>Jewelry Making 12:30</b> <b>ND – Line Dancing 1</b>	<b>3</b> <b>CD – Arthritis Exercise 9</b> <b>Ceramics 12</b> <b>GY – Ceramics 9</b> <b>Bingo 12:30</b> <b>ND – Art Class 9</b> <b>Tech Lab 10</b> <b>Bingo 12:30</b>	<b>4</b> <b>CD – Wire Wrapping 8:30</b> <b>Arts &amp; Crafts 9</b> <b>GY – Lapidary 8:30</b> <b>Craft Class 9:30</b> <b>ND – Theatre Thursday 12</b>	<b>5</b> <b>CD – Bingo 10:15</b> <b>Ceramics 12</b> <b>GY – Line Dancing 9:30</b> <b>ND – Boredom Buster Games 10:30</b> <b>Bingo 12:30</b>	6

**\*\* Call Senior Activity Center to Make Reservation**  
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

**CD ~ Central Davis**  
(801) 444-2290  
81 East Center Street  
Kaysville, UT 84037

**GY ~ Golden Years**  
(801) 451-3660  
726 South 100 East  
Bountiful, UT 84010

**ND ~ North Davis**  
(801) 525-5080  
42 South State Street  
Clearfield, UT 84015

### More than just a Tweet

Our 140 words are just the beginning, not the ending of a story.

Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Senior Services.

Kristy Cottrell, Division Director  
Bob Ballew, DCHD Public Information Officer

Mailing Address  
P.O. Box 618  
Farmington, UT 84025  
(801) 525-5050

Physical Address  
22 S. State Street  
Clearfield, UT 84015

All issues of Senior Scoop are available at [www.daviscountyutah.gov/senior\\_scoop](http://www.daviscountyutah.gov/senior_scoop)